



IBPS, North Carolina

Service – Self-development and Cultivation

1) Meditation

Term/Time: Spring, 2010, April and June

Meet on Wednesdays (7:30 pm – 9:00 pm)

Activities may include

- ✓ Walking Meditation
- ✓ Tai Chi
- ✓ Relaxing Meditation
- ✓ Dharma Discussion
- ✓ Feedback

Beneficial aspect of meditation

- Have peace in mind
- To bring more awareness into our life
- Positive thinking
- Calming the mind, overcoming sorrow
- Reduce stress

2) Buddhism Study Group

Term/Time: Spring, 2010, March and May

Meet on Wednesdays (7:30 pm – 9:00 pm)

- Learn about Buddhism and how it can influence our daily life.
- Open our mind to new ideas and discover our inner self.
- **Reading Material: *Infinite Compassion, Endless Wisdom*, by Venerable Master Hsing Yun**

3) Introduction to Buddhism

Term/Time: Spring, 2010, Feb28 – May 8

Meet on 2nd & 4th Saturdays (10:00am – 11:30 am)

1st ~ 5th Class

- ✓ Students will learn about the fundamental teachings of the Buddha,
- ✓ Humanistic Buddhism philosophy and its application in daily life.

6th Class

- ✓ Meditation
- ✓ Calming the mind and find your inner peace.



Register now ! All Classes are offered for public and free of charge.

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